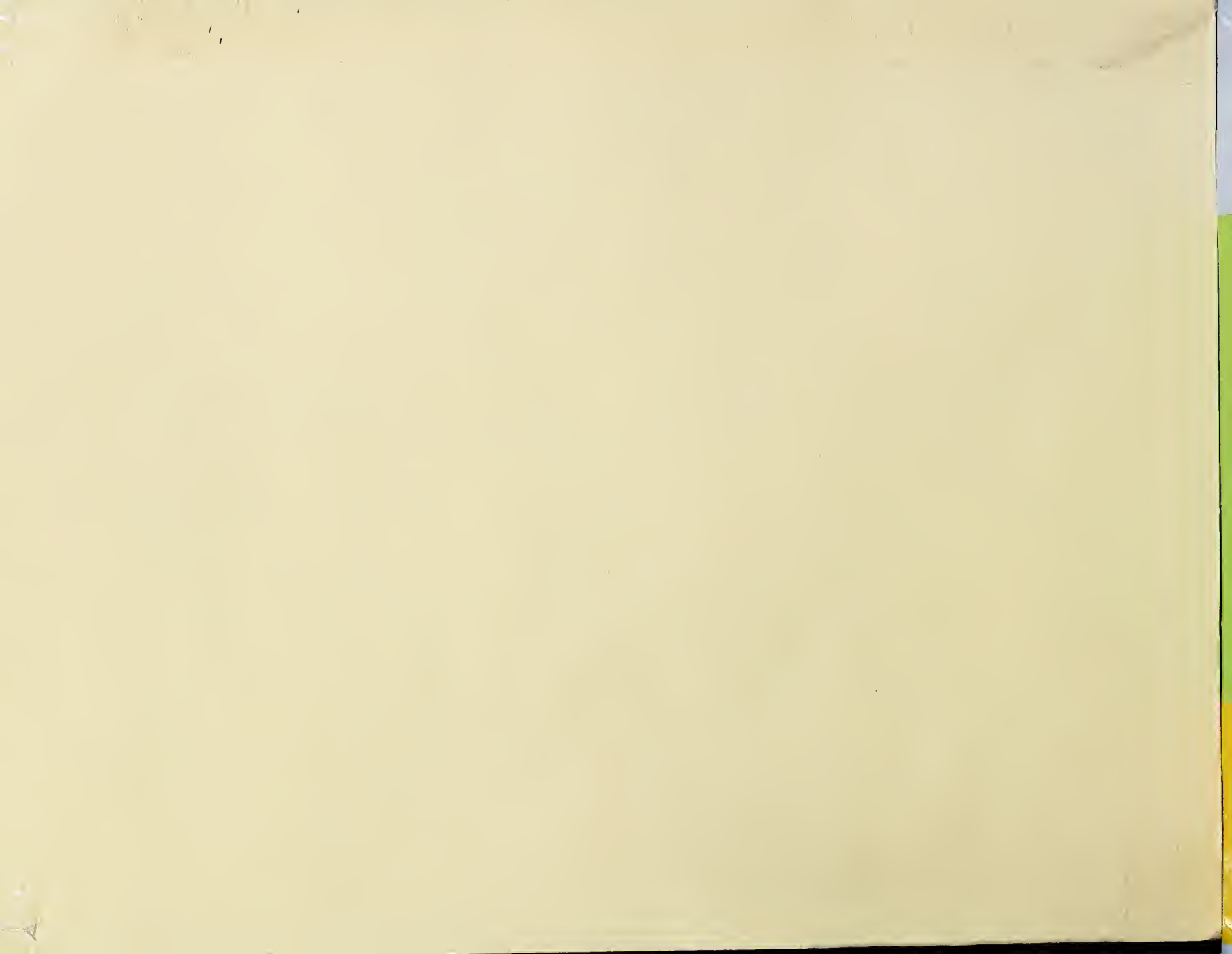


## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



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11/3/01  
Library  
Program



UP



Team



at Home

Team Nutrition Activity Book



Lots of Fun Activities for the Family



# Dear Parents:

## Note:

At the bottom of each page, you will find a yellow and/or blue stripe. Pages with yellow stripes are for parents and blue are for kids. Some pages are for both.

Do you sometimes find yourself rushing to get through all that needs to be done in a day? These are busy times and you are probably juggling lots of responsibilities. One important role for every parent is making sure that their child is healthy. Good nutrition and being physically active are part of good health. But in the hustle and bustle of daily life, nutrition and physical activity sometimes take a back seat.

Team Nutrition has developed this booklet to help you and your child learn more about good nutrition and being physically active. **Team up at Home** contains lots of nutrition information and fun activities for you and your child. You and your children can use this booklet over time. Whenever you pick it up you will learn something new!

Throughout this booklet you will see "Ask Sharon" columns. Sharon is a parent just like you. She is also a nutritionist with lots of good ideas. Read the columns for tips on how to handle common food-related issues with your children. To get started, let's find your nutrition and activity style!

**Take the quiz on the next page.**

P.S. For additional information, go to [MyPyramid.gov](http://MyPyramid.gov)

## What's Inside:

MyPyramid Information.....	1
MyPyramid Kid's Activities .....	8
Grains.....	18
Fruits and Vegetables.....	20
Milk.....	22
Recipes .....	25
Snacks.....	28
Answer Pages .....	34

# What Is Your **MyPyramid** Style?

	<b>Frequently</b> ✓ (6 or more times a week)	<b>Sometimes</b> ✓ (3-5 times a week)	<b>Rarely</b> ✓ (1-2 times a week)
1. Our family eats dinner together			
2. My children watch TV in their bedroom			
3. I give my children sweet snacks as a reward			
4. I eat a dark green or orange vegetable daily			
5. My family eats whole grain breads			
6. I am physically active with my children (go for walks, swim, bike, etc.)			
7. I drink soda, sport drinks or other sugary drinks			
8. I get enough from the milk group each day (For adults that is 3 cups from the milk group each day.)			

**See page 34 to score your answers.**

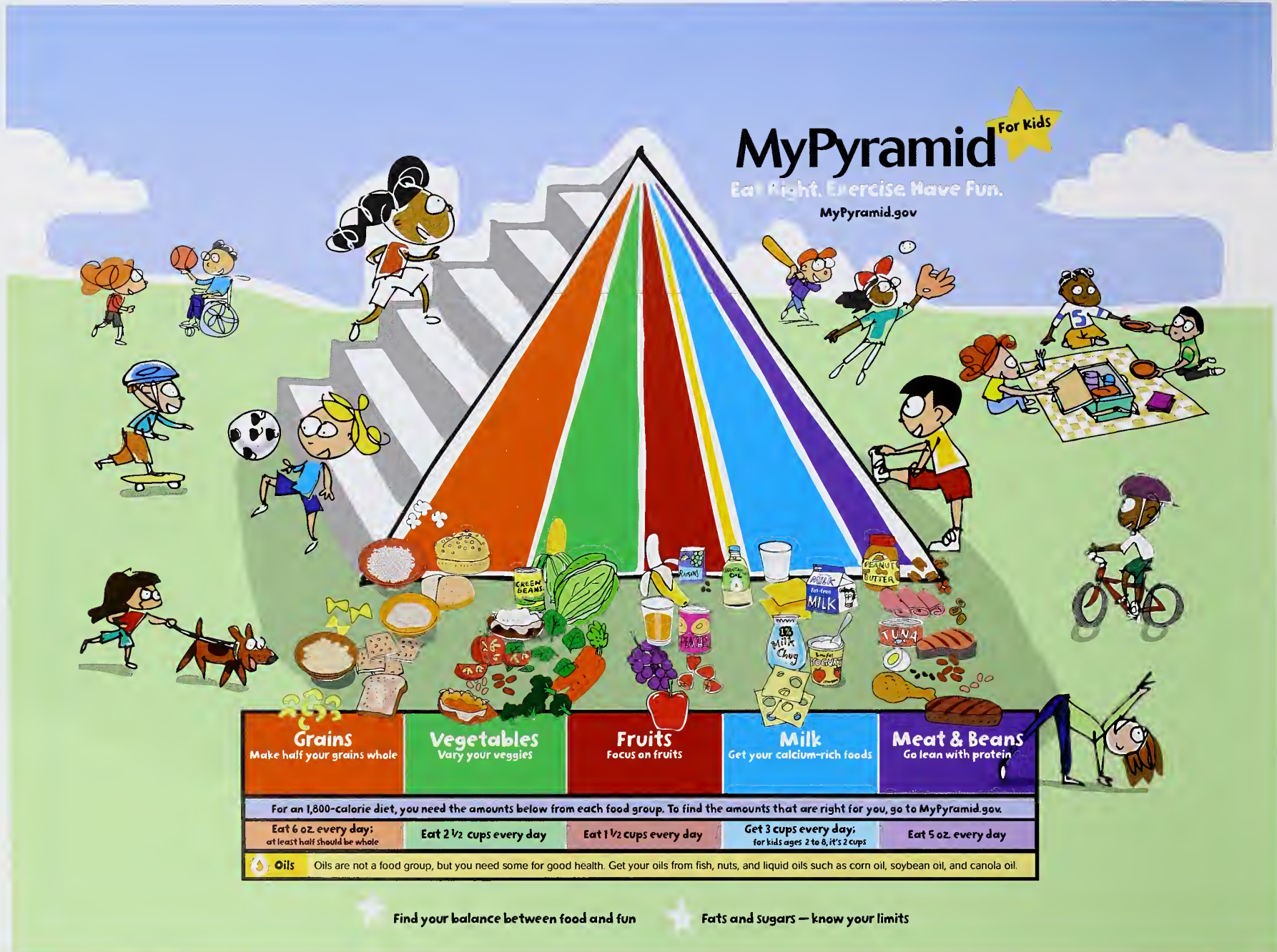


# MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



<b>Grains</b> Make half your grains whole	<b>Vegetables</b> Vary your veggies	<b>Fruits</b> Focus on fruits	<b>Milk</b> Get your calcium-rich foods	<b>Meat &amp; Beans</b> Go lean with protein
For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every day
<b>Oils</b> Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.				

Find your balance between food and fun

Fats and sugars — know your limits

# A Close Look at MyPyramid For Kids

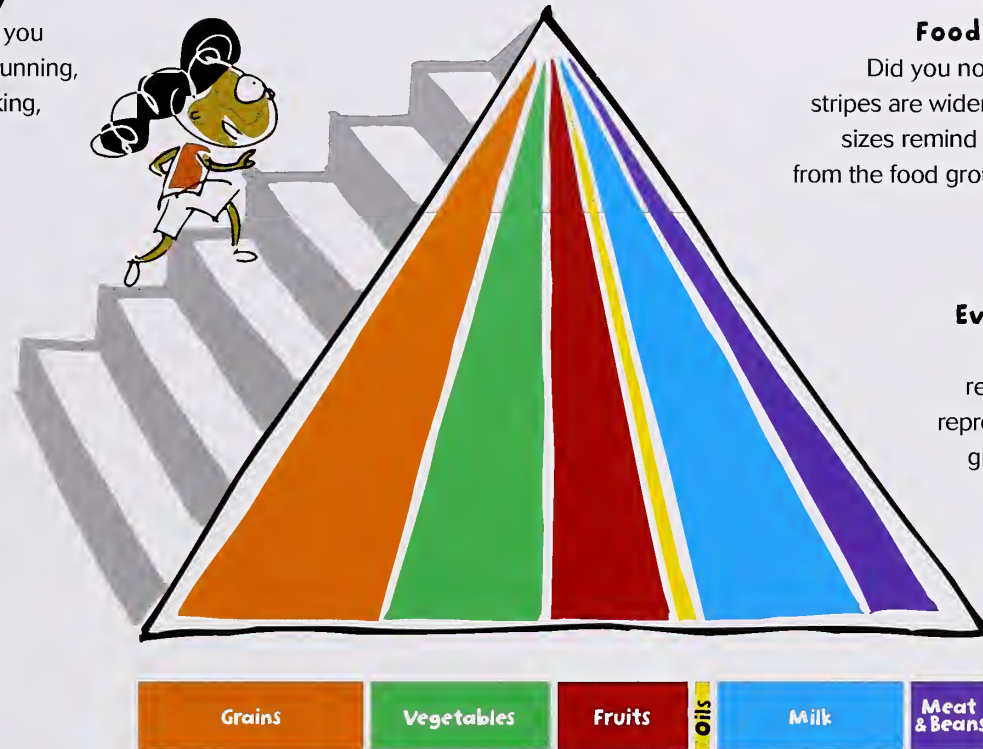
*MyPyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

## Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

## Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



## Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

## Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

## Make Choices That Are Right for You

*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

## Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



# How Much do Kids Need To Eat Every Day?

Look at the chart below and determine the approximate number of calories your child needs each day. Refer to the chart on the next page to see the daily amount needed from each food group, for each calorie level.

	Boys		Girls	
Age	Calories	Age	Calories	
4	1200–1600	4	1200–1400	
5	1200–1600	5	1200–1600	
6	1400–1800	6	1200–1600	
7	1400–1800	7	1200–1800	
8	1400–2000	8	1400–1800	
9	1600–2000	9	1600–1800	
10	1600–2200	10	1600–2000	
11	1800–2200	11	1600–2000	

**See MyPyramid.gov for more information on choosing the foods and amounts that are right for you and your children.**

These charts show *average* caloric needs for children, roughly based on age and sex. The needs of individual children differ according to their sex, age, body size, and activity level.

Your child's needs may differ from the average. Select the calorie level that seems best for your child, depending on those factors.

Be sure to see a health care provider who can track your child's height and weight over time to confirm that his or her progress is appropriate.

Children should be physically active at least 60 minutes on most, preferably all, days of the week. If your child is less active, his or her caloric needs are probably toward the lower end of the range shown above.

**Ask Sharon**  
 I'm confused about how much my children should be eating from the various food groups. Can you help?

**Answer:**

Look at the charts on pages 4 and 5. They show how much your children should eat. This may seem like a lot of food, but remember that snacks count, too. Look for foods low in saturated (solid) fats, trans fats, and foods and beverages low in added sugars, salt and sodium. Then there will be more room in small tummies for healthy foods.



## Daily Amount of Food From Each Group

Calorie Level	1,200	1,400	1,600	1,800	2,000	2,200
<b>Fruits</b>	1 cup	1½ cups	1½ cups	1½ cups	2 cups	2 cups
<b>Vegetables</b>	1½ cups	1½ cups	2 cups	2½ cups	2½ cups	3 cups
<b>Grains</b>	4 oz-eq.*	5 oz-eq.*	5 oz-eq.*	6 oz-eq.*	6 oz-eq.*	7 oz-eq.*
<b>Meat and Beans</b>	3 oz-eq.*	4 oz-eq.*	5 oz-eq.*	5 oz-eq.*	5½ oz-eq.*	6 oz-eq.*
<b>Milk</b>	2 cups	2 cups	3 cups**	3 cups**	3 cups**	3 cups

\*Oz-eq. means ounce equivalents. See the information below for the Grains and Meat and Beans Groups ounce equivalents.

**Fruits:** 1 cup fruit or 100% fruit juice or 1/2 cup dried fruit = 1 cup fruit.

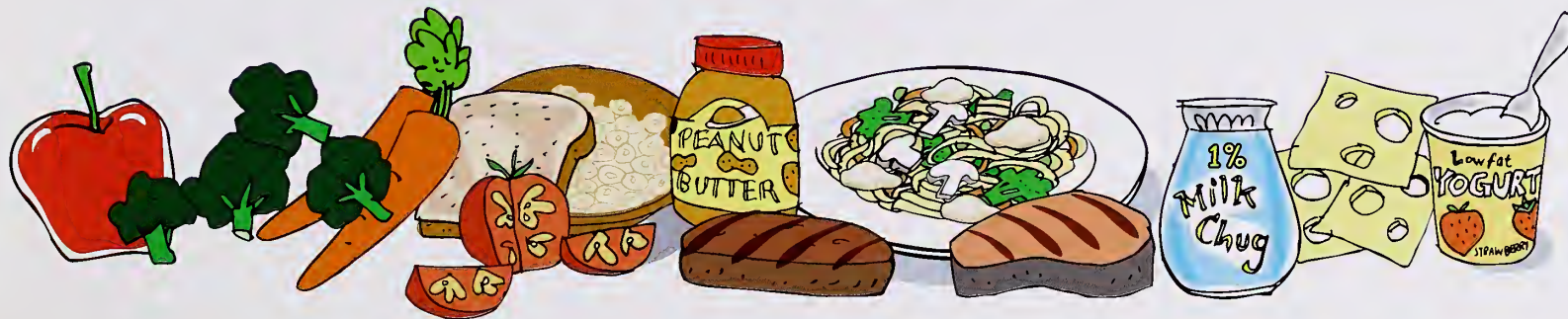
**Vegetables:** 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables.

**Grains:** 1 slice of bread, 1 cup ready-to-eat cereal, or ½ cup cooked rice, pasta, or cooked cereal = 1 ounce equivalent of grains. At least half of all grains consumed should be whole grains.

**Meat & Beans:** 1 ounce lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, ¼ cup cooked dry beans, or ½ ounce of nuts or seeds = 1 ounce equivalent of meat & beans.

**Milk:** Choose lowfat or fat-free milk, yogurt, and cheese. 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese = 1 cup milk.

\*\* Children 8 years and younger need 2 cups of milk.



# TIPS FOR FAMILIES



## EAT RIGHT

**1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.

**2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.

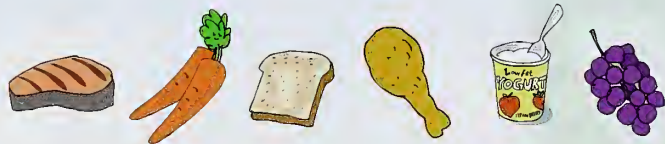
**3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

**4 Get your calcium-rich foods.** To build strong bones, serve lowfat and fat-free milk and other milk products several times a day.

**5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

**6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

**7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



## EXERCISE

**1 Set a good example.** Be physically active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.

**2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).

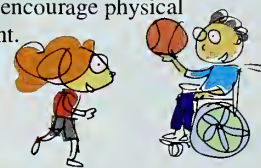
**3 Establish a routine.** Set aside time each day as physical activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

**4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

**5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

**6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.

**7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.









## HAVE FUN!



# MyPyramid Tracker—Balance Your Day with Food and Play

Complete this tracking sheet by writing down everything you ate for breakfast, lunch, snacks, and dinner on one day. Also write in the physical activities you participated in on

that day. List the food groups for each food, and figure out the total amount you ate. For an on-line food and activity tracker, go to [MyPyramid.gov](http://MyPyramid.gov)

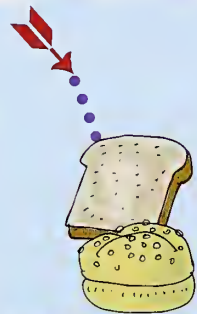
Write In Your Choices From Yesterday	Food and Activity	Goal (Based on an 2000 Calorie Pattern)	List Each Food Choice in its Food Group*	Estimate Your Total
Breakfast:	<b>Grains</b> 	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	_____	_____ ounce equivalents
Lunch:	<b>Vegetables</b> 	2 1/2 cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies)	_____	_____ cups
Snack:	<b>Fruits</b> 	2 cups (Make most choices fruit, not juice)	_____	_____ cups
Dinner:	<b>Milk</b> 	3 cups** (1 cup yogurt or 1 1/2 ounces natural cheese = 1 cup milk)  **Choose lowfat or fat-free	_____	_____ cups
Physical activity:	<b>Meat and Beans</b> 	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken, turkey, or fish, 1 egg, 1 Tbsp. peanut butter, 1/2 ounce nuts, or 1/4 cup cooked dry beans)	_____	_____ ounce equivalents
	<b>Physical Activity</b> 	At least 30 minutes of moderate intensity physical activity above usual activity at work or home on most days of the week.	_____	_____ minutes

How did you do yesterday?  Great  So-So  Could Do Better

\* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.



# Grocery Store Treasure Hunt



**Make at least half of your grains whole.**

## Grains

Breakfast cereals are a good way to add whole grains to your day. Look for a cereal that has one of these words as the first ingredient: oatmeal, whole-grain corn, whole oats, or whole wheat.

\_\_\_\_\_  
Check the box and name the cereal

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

\_\_\_\_\_  
Check the box and name the bread



**Vary your Veggies**

## Vegetables

Look for a dark green and an orange vegetable.

\_\_\_\_\_  
Check the box and name the orange vegetable

\_\_\_\_\_  
Check the box and name the dark green vegetable

## Fruits

Find a fruit juice that is 100% juice.

\_\_\_\_\_  
Check the box and name the juice



**Focus on Fruits**

## Parents:

Take this sheet along with you the next time you go to the supermarket and have your child look for foods in each food group. Make this a fun treasure hunt and a memorable activity for your child.



**Get your calcium-rich foods**

## Milk

Milk group foods give us calcium. Find a calcium-rich food to eat for a snack, such as fat-free yogurt or lowfat cheese.

\_\_\_\_\_  
Check the box and name the snack

## Meat and Beans

Cooked dry beans are in the meat and beans food group because they are a good source of protein. Find some dry beans.



**Go lean with protein**

\_\_\_\_\_  
Check the box and name the beans










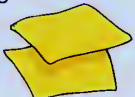





# Food and Activity Calendar



Draw a  line across the box when the parent completes the item in the box.

Draw a  line across the box when the child completes the item in the box.

**Option**—Use stickers for each activity completed. One color for adults, a different color for a child.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make family time an active time. Go for a family walk	Eat an orange fruit or vegetable 	Walk up and down a flight of stairs three times	Make a smoothie with lowfat or fat-free milk or yogurt and fruit	Eat some beans or nuts 	Try two bites of a new fruit or vegetable	Look for food labels that say "whole grain" at the grocery store
Look at the school lunch menu and circle all the vegetables you like	Eat a whole grain food 	Ride a bike or take a walk 	Eat dinner together as a family	Try to balance on one foot 	Eat a dark green vegetable 	Look at a juice label at home or at the store. Is it 100% juice?
Make a yogurt parfait with fruit 	Play Simon Says. Parents can hold weights while they play	Have at least two different vegetables at dinner	Do not watch any TV today 	Make a list of the snacks you like that are not high in solid fat or added sugar	Cook something together 	Eat breakfast together as a family
Have a contest. Who can do the most jumping jacks during a commercial	Eat some lowfat cheese 	Eat a food with vitamin C: an orange, strawberries, or a tomato	Play the MyPyramid Blast Off game on your computer	Put on some music and dance	Eat a raw fruit or vegetable 	Play outside 
Eat a lean protein food, like fish, dry beans, or meat without a lot of fat	Try a new food 	Have a ball toss 	Eat a dried fruit: dried plums, apricots, or raisins	Make a healthy snack 	Read the food label of two cereal boxes and compare	Keep track of the number of foods you eat from MyPyramid

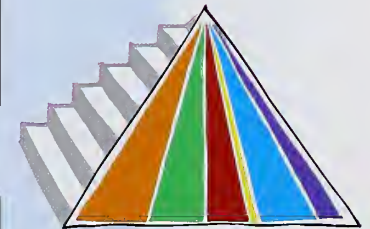
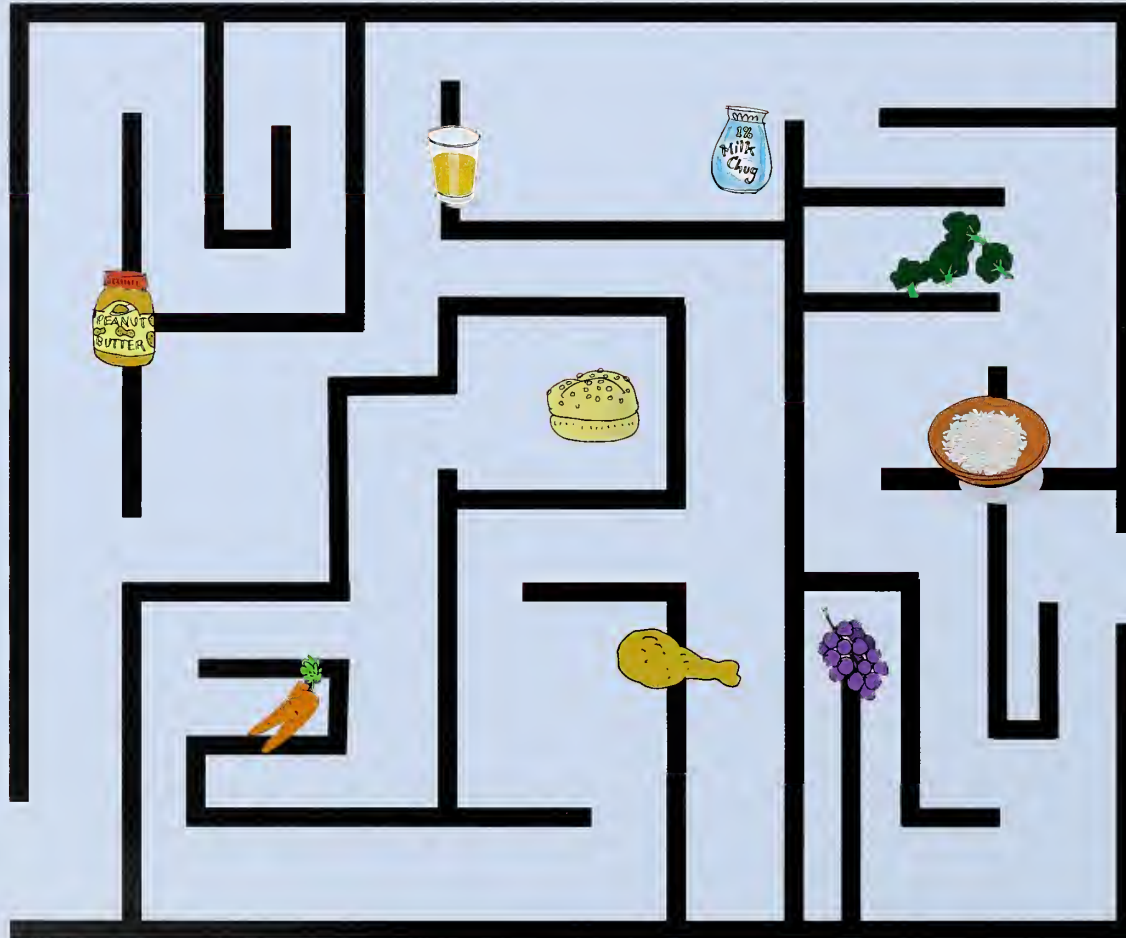


# MyPyramid Maze

..... and help her find foods from each food group on the way to .....

Lead the pal from MyPyramid through the maze

MyPyramid for Kids.





# Eat Smart With MyPyramid For Kids

Draw a **circle** around the foods that are in the **Grain Group**



Bread



Sweet potato



Popcorn



Pasta (bow tie)



Cereal



Candy

Draw a **rectangle** around the foods that are in the **Vegetable Group**



Carrots



Spinach



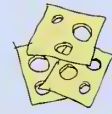
Grapes



Pasta (macaroni)



Broccoli



Swiss cheese

Draw a **square** around the foods that are in the **Fruit Group**



Corn



Orange juice



Apple



Banana



Strawberries



Muffin

Draw a **triangle** around the foods that are in the **Milk Group**



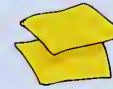
1% Milk



Yogurt



Egg



American cheese



Cookies



Orange juice

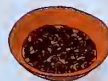
Draw an **oval** around the foods that are in the **Meat and Beans Group**



Peanut Butter



Egg



Beans



Chicken



Pork chop



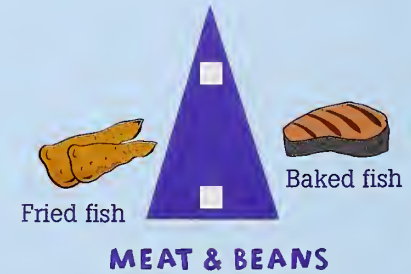
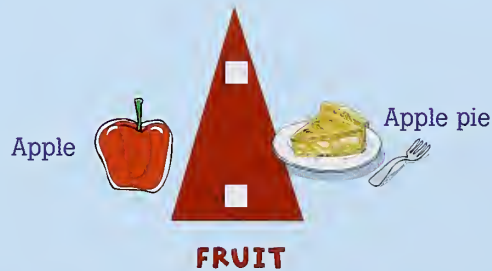
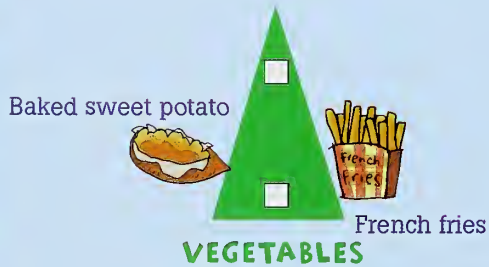
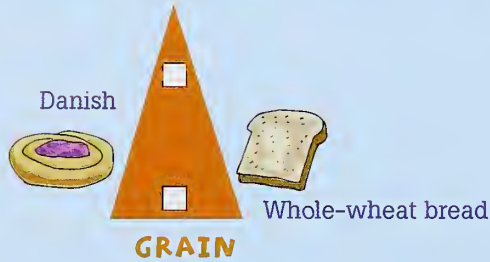
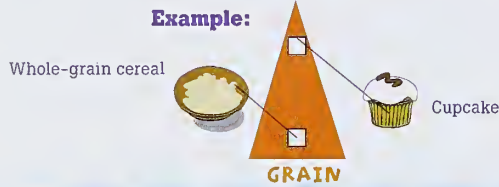
Fish

# Learning the Lessons of MyPyramid

## Choose Healthier Foods From Each Group

Draw a line from the food to its proper place on the food group stripe. Remember, the foods with more solid fat and added sugars go at the top of the stripe.

Choose Healthier Foods From each Group  
 Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



It's good to eat foods that are mainly at the o o of MyPyramid.

I will try to eat s from the top of MyPyramid.

Answers on page 35.

# Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a **V A R I E T Y** of foods



1. Eat more \_\_\_\_\_ , \_\_\_\_\_

and whole grains

2. Eat foods lower in solid \_\_\_\_\_

3. Get your \_\_\_\_\_ rich \_\_\_\_\_

4. Be \_\_\_\_\_

## Code

A=		N=	
B=		O=	
C=		P=	
D=		Q=	
E=		R=	
F=		S=	
G=		T=	
H=		U=	
I=		V=	
J=		W=	
K=		X=	
L=		Y=	
M=		Z=	

Answers on page 35





# Color MyPyramid

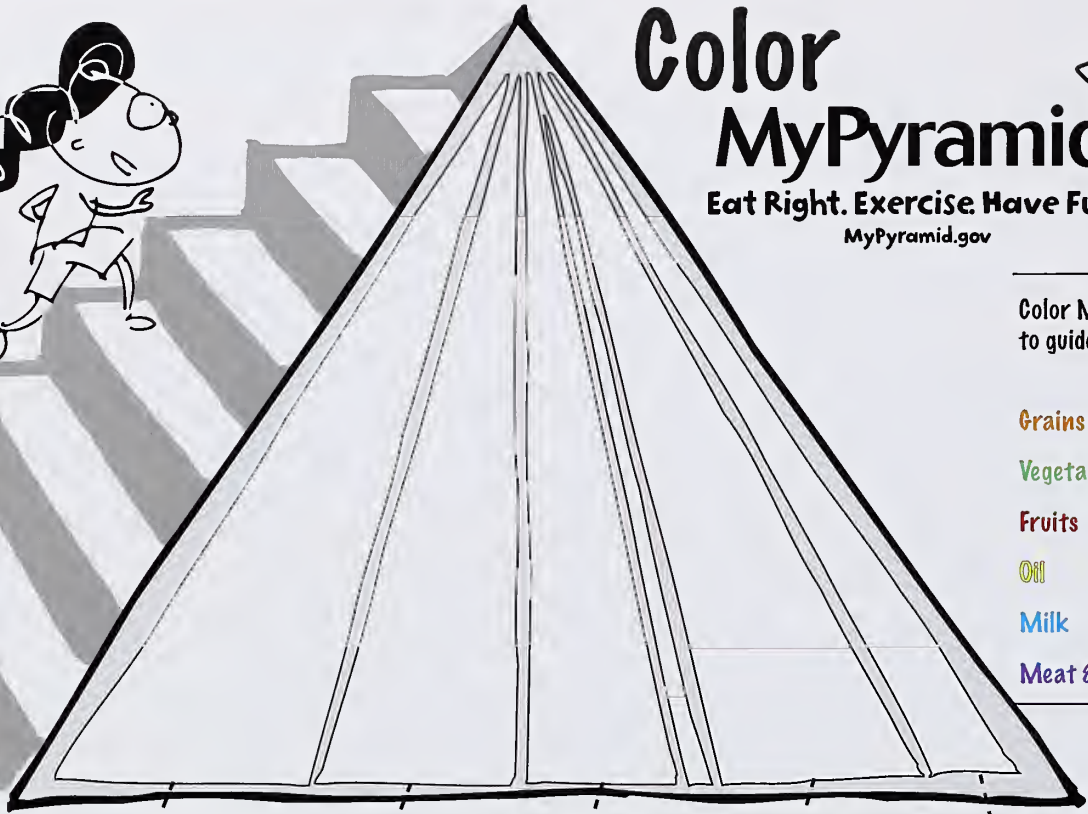


Eat Right. Exercise. Have Fun.

MyPyramid.gov

Color MyPyramid! Use the chart below to guide your color choices.

Grains	Orange
Vegetables	Green
Fruits	Red
Oil	Yellow
Milk	Blue
Meat & Beans	Purple



--	--	--	--	--

← Write in the food group names here



Eat Right. Exercise. Have Fun.

# MyPyramid Crossword Puzzle

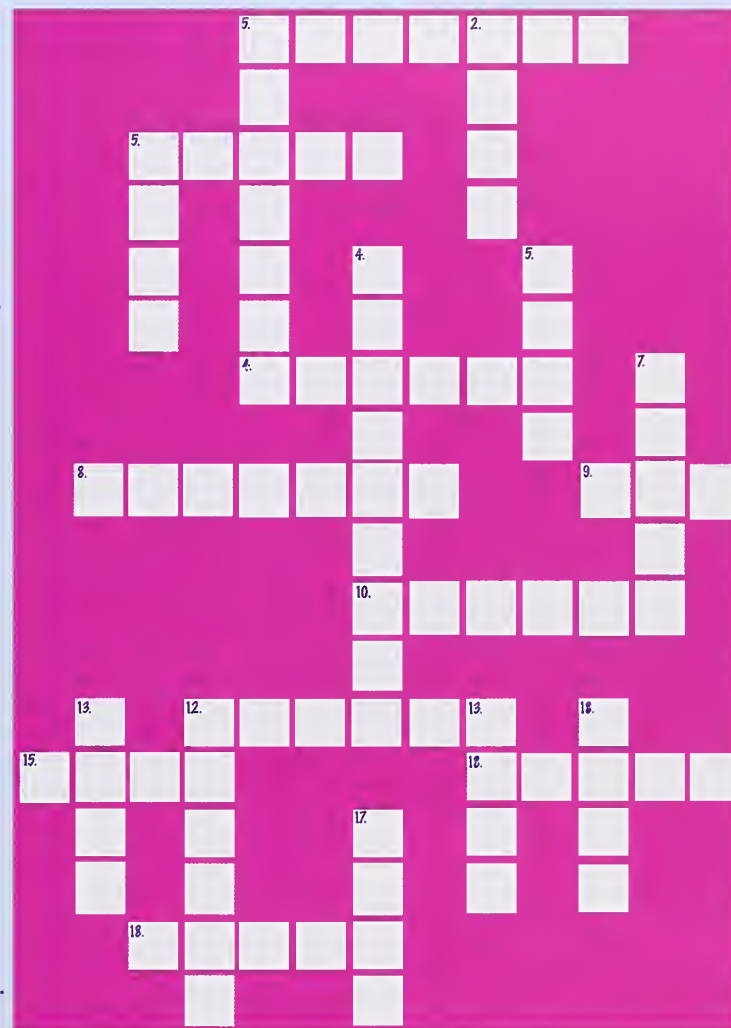
Use the words from MyPyramid to help you complete this puzzle.

## Across

1. Use the My \_\_\_\_\_ as a guide.
3. Apples, oranges, and bananas fit into this food group.
6. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
8. \_\_\_\_\_ are an orange vegetable.
9. Try fat-free or low \_\_\_\_\_ foods when you can.
10. Use whole-grain \_\_\_\_\_ for your sandwiches.
12. Cheddar, swiss, mozzarella, monterey jack are examples.
15. Fits into the grains group of MyPyramid. Goes great with stir-fry.
16. MyPyramid is a \_\_\_\_\_ to help you eat a variety of foods for a healthy body.
18. Spaghetti is a type of \_\_\_\_\_.

## Down

1. Chicken and turkey are examples of \_\_\_\_\_.
2. Drink lowfat \_\_\_\_\_ to help your body grow healthy and strong.
3. Eat a variety of \_\_\_\_\_ from all of the groups.
4. Broccoli and green beans are examples of a \_\_\_\_\_.
5. These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
7. Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
11. Vegetable or olive \_\_\_\_\_ are often used for cooking and are part of a healthful diet.
12. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
13. You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your \_\_\_\_\_?
14. Salmon and trout are examples of \_\_\_\_\_.
17. Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.



Answers on page 35.

# Enjoy Moving

## Ask Sharon

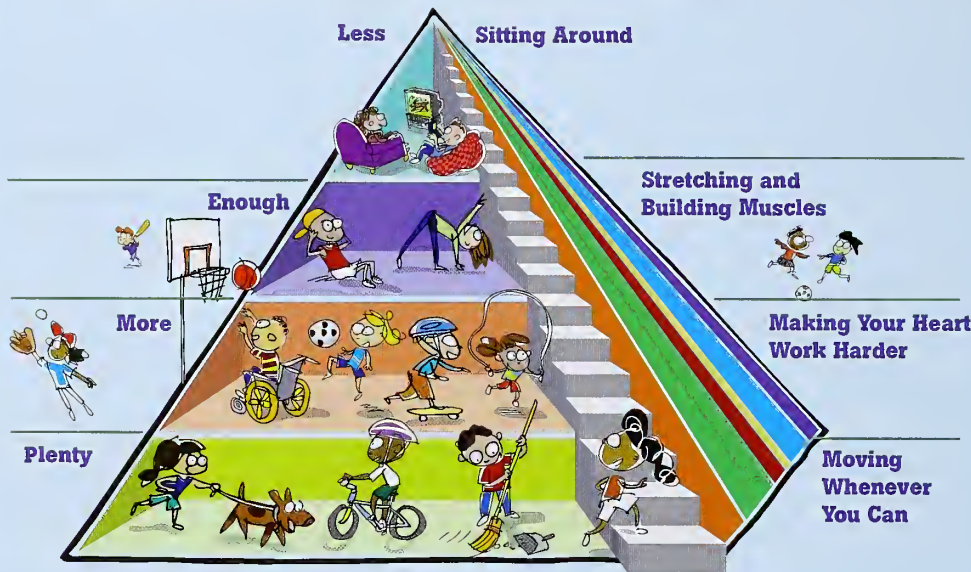
Help! My children want to spend all their time in front of the TV or the computer. They are becoming couch potatoes and I'm concerned about their future health.

### Answer:

You are not alone. Most parents share your concerns and many children have too much "screen time." But there is one thing more attractive to your children than the TV or the computer...YOU! Get your children to be physically active with you. Take daily walks or spend a day at a park or the pool. Have fun! Keep track of your physical activity with a chart and give your children (and yourself) lots of praise for your physical activity time.

Move More

Sit Less



### Use the Activity Pyramid as a Guide for Healthy Living

Physical activity is essential for a strong and healthy body. Remember, your child learns many habits by watching you. The more physically active you are, the more likely your child will

be active, too. Be an active family. Make family time active time. Kids need at least 60 minutes of physical activity on most days—and adults need at least 30 minutes of moderate intensity physical activity on most, preferably all, days of the week.




**LET'S GET MOVING!**



# Are You a Fit Kid?

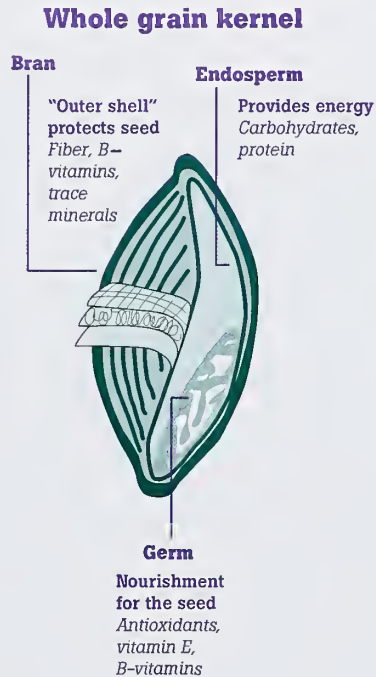
Are you physically active for at least 60 minutes most days of the week? Or, do you spend most of your time sitting around? Try to get your body moving—and have fun doing it.

**Track your physical activities in the chart below and be a fit kid!**


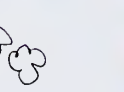



	Example	Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>My Physical Activities</b>	Rode bike to and from school <b>40 minutes</b>							
	Jumped rope at recess <b>15 minutes</b>							
	Ran to my friend's house <b>15 minutes</b>							
	Danced to music <b>20 minutes</b> Helped vacuum <b>15 minutes</b>							
<b>Total Physically Active Minutes</b>	<b>105 minutes</b>							
<b>Sitting Around</b>	Played on the computer <b>60 minutes</b>							
<b>Total Inactive Minutes</b>	<b>60 minutes</b>							

# Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.



## Some Examples of Whole Grains:

- brown rice 
- buckwheat 
- bulgur (cracked wheat)
- oatmeal 
- popcorn 
- whole-wheat cereal
- muesli
- whole-grain barley 
- whole-grain cornmeal
- whole rye
- whole-wheat bread 
- whole-wheat crackers 
- whole-wheat pasta
- whole-wheat sandwich buns and rolls 
- whole-wheat tortillas
- wild rice 
- whole cornmeal
- shredded wheat cereal

## Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for up to half of the flour in a recipe.
- Eat whole-grain crackers.
- Once a week or more, try a lowfat meatless meal or main dish that features whole grains (such as red beans and brown rice).

# WORD SCRAMBLE-WHOLE GRAINS

## Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

NRAB

--	--	--	--

11

PCNROPO

--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--	--

4

--	--	--	--	--	--

3

--	--	--	--	--	--

8

TEAMALO

--	--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

--	--	--	--	--	--

5

--	--	--	--	--	--	--

9

--	--	--	--	--	--	--	--

1

--	--	--

1 2 3

--	--	--	--	--	--

4 5 6 7 8

--	--	--	--	--	--	--	--	--	--

9 10 11 12 13 14

See page 35 for answers.



# Focus on Fruits and Vary Your Veggies

## Ask Sharon

My children love fruit juice, but I have such a difficult time getting them to eat fresh fruits and vegetables.

**Answer:**  
I understand your dilemma! My children can be fussy eaters too, especially when it comes to vegetables. Here's what I do—I offer my children a small portion of a new vegetable, and I don't make a big fuss about it. I understand that it sometimes takes up to 10 times of being offered a new food before a child will accept it! My children also like finger food, so I give them cut up raw fruits and vegetables. I try to emphasize dark green and orange vegetables. My kids love fruit juice, too, but I offer them fresh, frozen, canned or dried fruit rather than fruit juice for most of their fruit choices. I give them water throughout the day.

**My three favorite fruits are:**

---

---

---

**Circle your five favorite vegetables below.**

**Underline one vegetable from each section that you will try this month.**

### **Dark green vegetables**

bok choy  
broccoli  
collard greens  
dark green leafy lettuce  
kale  
mustard greens  
romaine lettuce  
spinach  
turnip greens  
watercress

### **Orange vegetables**

acorn squash  
butternut squash  
carrots  
hubbard squash  
pumpkin  
sweet potatoes

### **Dry beans and peas**

black beans  
black-eyed peas  
garbanzo beans (chickpeas)  
kidney beans  
lentils  
lima beans (mature)  
navy beans  
pinto beans  
soybeans  
split peas  
tofu (bean curd made from soybeans)  
white beans

### **Starchy vegetables**

corn  
green peas  
lima beans (green)  
potatoes

### **Other vegetables**

artichokes  
asparagus  
beets  
Brussels sprouts  
cabbage  
cauliflower  
celery  
cucumbers  
eggplant  
green beans  
green or red peppers  
iceberg (head) lettuce  
mushrooms  
okra  
onions  
parsnips  
tomatoes  
tomato juice  
turnips  
wax beans  
zucchini

# Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

## Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

Answers on page 36

## Fruit and Vegetable Goals

Name a fruit you would like to try:

---



---



---

How will you eat this fruit?

(On cereal, as a snack, for dessert, with dinner or on pancakes.)

---



---



---

Name a vegetable you would like to try:

---



---



---

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

---



---



---

# TEST YOUR MILK GROUP IQ

Consuming fat-free and lowfat milk and milk products provides health benefits—people who have a diet rich in milk and milk products can reduce the risk of low bone

mass. Foods in the milk group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, and protein. Fortified milk also provides vitamin D.

## True or False:

1. \_\_\_\_ You need foods from the milk group throughout your life, not just when you're young.
2. \_\_\_\_ A diet low in milk products may increase your risk of osteoporosis and hypertension.
3. \_\_\_\_ Supplements are the best way to get the calcium you need each day.
4. \_\_\_\_ Adults need 3 cups of lowfat, or fat-free milk, or their equivalent, each day.
5. \_\_\_\_ If you aren't getting enough calcium from your diet, your body will take what it needs from your muscles.
6. \_\_\_\_ Fat-free milk has less calcium than regular whole milk.
7. \_\_\_\_ Calcium-fortified beverages like orange juice and soy beverages are in the milk group, too.
8. \_\_\_\_ If you are lactose intolerant, you can't consume any milk products.
9. \_\_\_\_ Most of your bone mass is achieved by age 20.



Answers on page 36

## Have Problems with Milk?

*If you are lactose intolerant, the following tips may be helpful:*

- Drinking milk with other foods, rather than on an empty stomach, may help.
- You may also want to try lactose-reduced or lactose-free milk found in the dairy case in most supermarkets.
- Add lactase enzyme drops to regular milk to make it easier to digest, or look for dairy digestive supplements (lactase caplets) at your drugstore.
- Talk to your physician first—what you think is lactose intolerance could be something else.



# Where Are the Milk Group Foods?

There are **22** foods from the milk group hidden in this picture. Can you find them all?

WHERE ARE THE **MILK GROUP** Foods?

**"MOOS" YOU CAN USE**

Getting your milk group foods is as easy as breakfast, lunch, and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk. Munch sticks of string cheese at lunch. For a snack, have a cup of lowfat yogurt. Yum!

**BE A DAIRY DETECTIVE**

Color in all the milk, cheese, and yogurt you can find. Score bonus points if you know what eating milk group foods everyday can do for you.

Answer:  
Build stronger bones.



**MILK IT!**

Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, mix up lowfat milk with fat-free pudding and add your favorite fruits for an extra kick!

**DID YOU KNOW?**

Being strong isn't just about having big muscles... you have to have strong bones, too! Two out of three kids aren't getting the calcium they need.

**KEY**











©2004 3-A-Day of Dairy for Stronger Bones. American Dairy Association®/ National Dairy Council®

Answers on page 36

# Grab a Drink

Compare the drinks below. Which are your favorites? Find a drink at home and write in the nutrition information from the label in the space at the bottom of the page.

Beverage (8oz)	Calories	Sugars	Calcium
Milk, 1% lowfat 	100	11 grams	30%
Milk, 1% lowfat chocolate 	160	27 grams	30%
Orange Juice 	110	22 grams	2%
Fruit punch drink 	120	29 grams	0
Sports drink 	70	19 grams	0
Water 	0	0	0
Cola 	100	27 grams	0
Diet cola 	0	0	0
Your drink			

Milk, 1% lowfat

## Nutrition Facts

Serving Size 8 fl oz  
Servings Per Container 8

Amount Per Serving		
<b>Calories</b>	100	Calories from Fat 25
		%Daily Value*
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fats	0g	0%
Cholesterol	10mg	3%
Sodium	125mg	5%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	8g	
Vitamin A	10%	Vitamin C 4%
Calcium	30%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

1. Which beverages are not in any food group?

---

2. Which drinks have the most calcium?

---

3. Which drink has the most calcium and the lowest amount of sugar?

---

4. Which drinks give you a lot of calories and sugar, but no calcium?

---

Answers on page 36



# Power Up with Breakfast

## ★ STRAWBERRY YOGURT BREAKFAST SPLIT

### What do you need?

1 banana  
½ cup fresh strawberries, blueberries, or raspberries (if frozen, thaw or warm in microwave.)

½ cup of vanilla yogurt (lowfat or fat-free)

Optional: Chopped nuts (almonds or peanuts), ready-to-eat cereal, or lowfat granola

Three easy steps and you're ready to eat!

1. Peel and split banana in half.
2. Place banana halves in a bowl.
3. Top with yogurt, berries, and optional topping.



## ★ FRUIT PIZZA

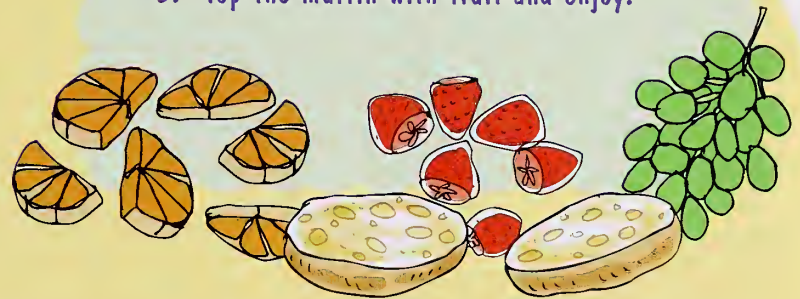
### What do you need?

1 English muffin sliced in half  
Sliced or grated lowfat cheese (try different flavors!)

Sliced fruit (apples, bananas, strawberries, grapes, oranges, pineapple)

Three easy steps and you're ready to eat!

1. Sprinkle cheese on English muffin and place under broiler or in toaster oven until cheese melts.
2. Wash and slice fruit.
3. Top the muffin with fruit and enjoy!





# Lunch to Go Menu Ideas

## Entree

1. **Peanut Butter and Strawberry-Banana Sandwich:** Spread the peanut butter on your choice of bread, tortilla, bagel, or English muffin, and top with fresh fruit. Try it on whole-wheat.
2. **Garden Pita:** Put lowfat cheese and crisp veggies in a pita pocket (Try this as a wrap, too—they now come in fun colors and flavors!)
3. **Cold Pizza:** What's your favorite kind?
4. **Pasta Salad:** Use new shapes and colors alongside crisp veggies.
5. **Chili or Soup:** Send it in a thermos to keep HOT.
6. **Leftover Dinner:** Make extra for dinner and pack it up for lunch the next day!



## Side Dishes

1. **Fresh Veggies:** Try baby carrots, cucumber coins, firm cherry tomatoes, celery sticks, fresh green beans. You can also include a fun, lowfat dip such as ranch dressing, cottage cheese, or hummus.
2. **Fresh Fruit:** What's in season? Peel them, slice them, cube them, eat them with a lowfat yogurt for a dip, or peanut butter.



### Sweet Ideas

1. Lowfat Pudding
2. Graham Crackers
3. Fig Bars
4. Fat-free Granola
5. Grapes
6. Trail Mix (cold cereal, nuts, dried fruit)



### Beverages

1. Lowfat/Fat-free Milk: Try different flavors
2. 100% Juice
3. Water



# Mini-Mexican Pizza

A lowfat pizza with a Mexican flavor and plenty of "good for you" ingredients.

- Whole-wheat English muffin
- Fat-free refried beans
- Salsa
- Onion, chopped (optional)
- Black olives, sliced (optional)
- Lowfat cheese, mozzarella or cheddar
- Shredded lettuce

1. Split muffins; toast lightly.
2. Spread beans on toasted muffin halves. Sprinkle with cheese.
3. Broil until cheese is melted (about 2 minutes).
4. Garnish with salsa, olives, onion, and shredded lettuce.

2 servings (1 serving = ½ English muffin)





# Grab Quick and Easy Snacks

Snack smart...If you are hungry for something:



## Sweet or Juicy

Fruit, lowfat yogurt,  
100% fruit juice,  
fruit smoothie



## Chewy

Dried fruit,  
fig bars

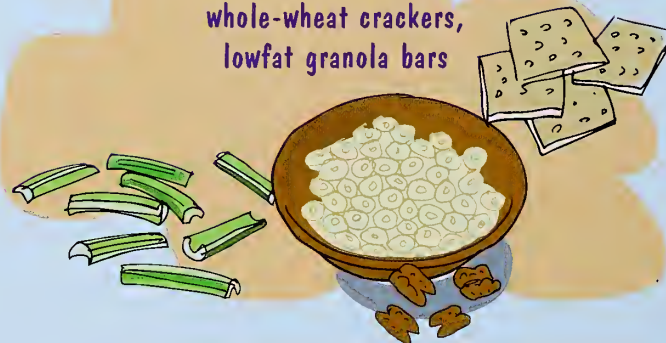


## Savory

Pretzels  
(try them dipped in  
hummus), nuts

## Crunchy

Carrot sticks, cucumber slices,  
celery sticks, apple wedges, cereal  
mixed with nuts and raisins,  
whole-wheat crackers,  
lowfat granola bars





# Snack Recipes

## BUGS ON A LOG

Easy, fun, and nutritious! Try all the different variations. What are your ideas?

### Logs:

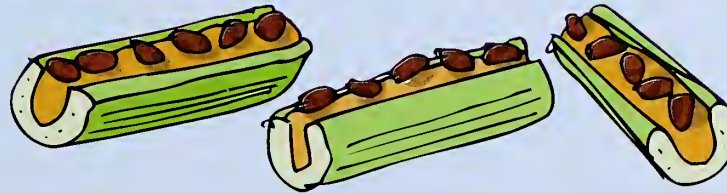
- Celery sticks (about 3 in.)
- Carrot sticks (about 3 in.)
- Cucumber sticks (about 3 in.)
- Apple slices (remove cores)

### Spreads:

- Fat-free cottage cheese
- Fat-free cream cheese
- Peanut butter
- Hummus

### Bugs:

- Raisins/dried cranberries
- Chopped nuts
- Sunflower seeds



## WIGGLY FINGERS

### What do you need?

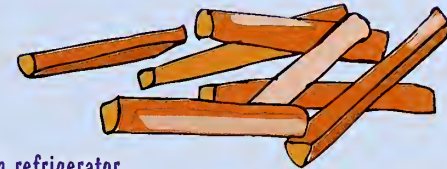
- 3 packages unflavored gelatin
- 1/2 cup 100% pineapple juice
- 1 cup 100% orange juice
- 1 cup boiling water



(Note: you can replace the pineapple juice and orange juice with any combination. Try grape and other 100% juices, too!)

### Here's how to make them:

1. Mix gelatin with a little of the pineapple juice.
2. Add 1 cup boiling water slowly, stirring constantly until gelatin is dissolved.
3. Add remaining juices.
4. Pour into 9"x 12" pan.
5. Chill until set.
6. Cut into finger lengths.
7. Store in covered container in refrigerator.



# Snack Choices

Every day you may have lots of snack choices—at school, at home, and other places. Keep track of all the snacks you eat for one day and write them in the chart below.

	Grain Group	Vegetable Group	Fruit Group	Milk Group	Meat and Beans Group	Combination "combo" foods
<b>At School...</b>						
Cafeteria						
Vending machine						
School store						
<b>At Home...</b>						
After school						
While doing homework						
Watching TV						
Before bedtime						
<b>Other Places...</b>						
Fast food						
Convenience store						
Friend's house						
Other						



**\*\*"Combo" foods contain foods from more than one food group.**

# What Kind of Role Model Are You?

We know that healthy habits begin at home. And research shows that YOU are your child's most important role model. When children see their parents practice healthy eating and being physically active, they are more likely to follow their example.

Think of one *small* positive nutrition and physical activity goal you can set for the next week. Make your goal very specific and write it in the box below:

Week of \_\_\_\_\_

Family member's name	What I will do	How often I will do it	Check each time you do it!
<b>Example:</b> Dad	Eat fresh fruit	Every day	///    ///
<b>Example:</b> Mom	Take a 30-minute walk	Four times a week.	///

Tell your child about your goals and ask him or her to help you stick to it! Maybe your child would like to set a goal also.







## A Note from Sharon

Sometimes it's a struggle to get kids to try new foods! They seem to like to stick with a few favorites: peanut butter and jelly, chicken nuggets, French fries, and juice. I know that they need more variety in their diets, so I've decided that we should make it fun to try new foods. When I'm at the grocery store, I often let each child select one new fruit or vegetable to try. At home we prepare the food together and I'm sure to give them lots of praise for their good work. We don't have space for a garden, but an older relative has one and my kids find it fascinating to pull things out of the ground that they can eat at the next meal. We've also gone on trips to the farmer's market and talked to the farmers about how they grow their crops. And I'm going to try growing herbs in little pots by my kitchen window. I think that my kids will enjoy picking and eating them.

I made a list of some foods that I thought my children might like to try and we talked about them. Each child got to select one new food and if they tried two bites, I gave them a Two Bite Club Certificate. You might like to do the same thing for your children.

### Here is my list of new foods for my children to try:

Kiwi	Flounder
Dried cranberries	Asparagus
Beets	Black beans
Tomato juice	Acorn squash
Swiss cheese	Tofu
Brown rice	Mango
	Kidney beans



*Congratulations!*

---

has tried two bites of a new food  
and is a member of the

**Two Bite Club**

---

Signature of parent



# Answer page

## Rate your MyPyramid Style—page 1

Calculate your score:

1. Frequently= 3 points, Sometimes = 2 points, Rarely = 1 point.
2. Frequently= 1 point, Sometimes = 2 points, Rarely = 3 points.
3. Frequently= 1 point, Sometimes = 2 points, Rarely = 3 points.
4. Frequently= 3 points, Sometimes = 2 points, Rarely = 1 point.

5. Frequently= 3 points, Sometimes = 2 points, Rarely = 1 point.
6. Frequently= 3 points, Sometimes = 2 points, Rarely= 1 point.
7. Frequently= 1 point, Sometimes = 2 points, Rarely = 3 points.
8. Frequently= 3 points, Sometimes = 2 points, Rarely = 1 point.

Your total Score \_\_\_\_\_ Find your score below and identify your own style.

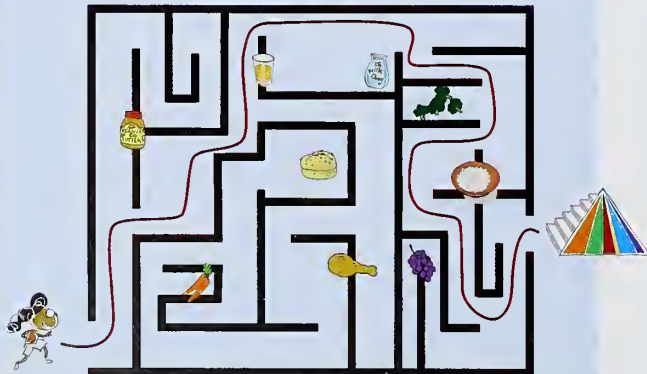
**20-24—Role Model Extraordinaire.** You always think about your health and the health of your family. Although it may be challenging, you always try to eat healthy foods, be physically active, and be a positive role model for your children. This booklet will give you ideas for continuing on the path to good health.

**16-19—Silver Medal Parent.** You know what you should be doing for good health, and most of the time you succeed, but you find it challenging to always do the right thing. This booklet will give you some good ideas for making positive changes.

**12-15—Thinker Parent.** Sometimes you are very proud of the steps you take toward good health, but then there are times when you think about what you could do, but something gets in the way of actually doing it. This booklet will give you simple steps to move you closer to the goal of good health for your entire family.

**8-11—Overwhelmed Parent.** Maybe there are other major things going on in your life right now, and you can't focus on nutrition and physical activity. That happens to everyone. Take a few minutes to read through this booklet and play the activities with your child. You'll have fun, and learn some simple things you can do right now to improve your health.

## MyPyramid Maze—page 10



## Eat Smart with Mypyramid for Kids—page 11

Draw a circle around the foods that are in the Grain Group



Draw a rectangle around the foods that are in the Vegetable Group



Draw a square around the foods that are in the Fruit Group



Draw a triangle around the foods that are in the Milk Group



Draw an oval around the foods that are in the Meat and Beans Group



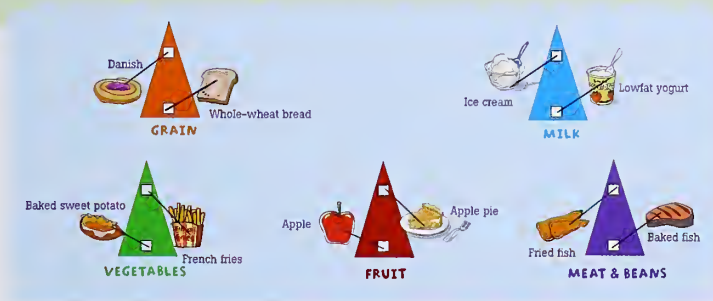


# Answer page

## Learning the Lessons of MyPyramid—page 12

It's good to eat foods that are mainly at the **BOTTOM** of the Pyramid.

I will try to eat **LESS** from the top of the Pyramid.



## Crack the Secret Code—page 13

1. Eat more **FRUITS, VEGETABLES** and whole grains.
2. Eat lower **FAT** foods more often.
3. Get your **CALCIUM**-rich **FOODS**.
4. Be **PHYSICALLY ACTIVE**

## MyPyramid Crossword puzzle—page 15



## Word Scramble—page 19

NRAB

b r a n  
11

PCNROPO

p o p c o r n  
10

NRBOW ICER

b r o w n   r i c e  
13   12

LEISUM

w h e s l i  
14

EKAWTBHCU

b u c k w h e a t  
2

HOEWL TEWAH ABDER

w h o l e   w h e a t   b r e a d  
4   3   8

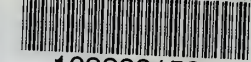
TEAMALO

o a t m e a l  
6   7

LEWOH NIAGR YABELR

w h o l e   g r a i n   b a r l e y  
5   9   1

e a t   w h o l e   g r a i n s  
1 2 3   4 5 6 7 8   9 10 11 12 13 14



# Answer page

## Have fun with fruits and vegetables—page 21

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

## Test Your Milk Group IQ—page 22

### Answers:

- 1. True.** You need milk group foods throughout your life. For adults 3 cups of lowfat or fat-free milk or the equivalent in yogurt or cheese each day is recommended.
- 2. True.** You can reduce your risk for osteoporosis and help keep your blood pressure in check by being sure you get enough foods from the milk group.
- 3. False.** Milk and milk products provide your body with calcium and other nutrients as well. Always try to get your nutrition from foods first.
- 4. True.** All adults aged 19 and older need to have 3 cups of milk, or the equivalent in yogurt or cheese each day. (1 c. of milk or yogurt = 1oz. natural cheese or 2 oz. processed cheese)

- 5. False.** If you do not get enough calcium, your body will take it from your bones. Over time, calcium losses can increase your risk for osteoporosis, a bone-crippling disease.
- 6. False.** Fat-free (skim) milk has about the same amount of calcium as whole or lowfat milk.
- 7. False.** Calcium-fortified foods and beverages such as soy beverages or orange juice may provide calcium, but may not provide the other nutrients found in milk and milk products.
- 8. False.** For those who are lactose intolerant, lactose-free and lower-lactose products are available. These include hard cheeses and yogurt. Also, enzyme preparations can be added to milk to lower the lactose content.
- 9. True.** Research shows that 90 percent of maximum bone mass is achieved by age 20. That's why it is so important for children to get adequate calcium.

## Where Are the Milk Group Foods? page 23

There are 22 foods from the milk group hidden in this picture. Can you find them all?

**BE A DAIRY DETECTIVE**  
Color in all the milk, cheese, and yogurt you can find. Score bonus points if you know what eating milk group foods everyday can do for you.

**WHERE ARE THE MILK GROUP FOODS?**

**"MOOS" YOU CAN USE**  
Getting your milk group foods is as easy as breakfast, lunch, and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk. Munch sticks of string cheese at lunch. For a snack, have a cup of lowfat yogurt. Yum!

**MILK IT!**  
Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, mix up lowfat milk with fat-free pudding and add your favorite fruits for an extra kick!

**DID YOU KNOW?**  
Being strong isn't just about having big muscles... you have to have strong bones, too! Two out of three kids aren't getting the calcium they need.

**KEY**

- Soft Cheese Slice
- Yogurt Cup
- Cheddar Cheese
- Frozen Yogurt Pops
- American Cheese Slice
- Cheddar Cube
- String Cheese
- Milk Bottle

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## Grab a Drink page 24

1. Fruit punch drink, Sports drink, Water, Cola, Diet cola
2. Lowfat 1% milk, Chocolate 1% milk
3. Lowfat 1% milk
4. Fruit punch drink, Sports drink, Cola

aTX353.U5

CAF



Find more fun resources at  
these websites:

[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

[www.mypyramid.gov/kids](http://www.mypyramid.gov/kids)

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)



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Food and Nutrition Service  
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UP

# Team at Home



Team Nutrition Activity Book